

# Become a Mentally Healthy School.



**Being active, having a sense of belonging and purpose in life all contribute to good mental health.**

Schools play a vital role in supporting the mental health and wellbeing of students, staff and wider school community.

Become a Mentally Healthy School today and partner the Act Belong Commit campaign to support positive mental health.



Mentally Healthy WA

# What is Act Belong Commit?

The evidence-based Act Belong Commit campaign is a comprehensive, population wide, community-based preventative mental health promotion campaign that is directed by Curtin University's Mentally Healthy WA and is funded by Healthway and the Mental Health Commission.

Act Belong Commit encourages people to take action to improve and protect their mental health and wellbeing, promotes good mental health strategies at the individual and community level, and encourages the creation of supportive environments for good mental health in a variety of settings, including schools.

**The Mentally Healthy Schools program, supported by the Stan Perron Charitable Foundation, aims to:**

- Encourage young Western Australians to adopt mentally healthy behaviours early in life.
- Build resilience so they can cope better with problems and stress.
- Reduce stigma around mental illness and increase openness about discussing mental health.
- Build the capacity of school staff to create mentally healthy school environments.
- Foster partnerships between schools and their communities.

Act Belong Commit is WA's longest running mental health promotion campaign.



## **Act** Do something.

Keep active in as many ways as you can: physically, socially, mentally, spiritually, culturally...

## **Belong** Do something with someone.

Keep connected to friends and family; get involved in groups, join in local community activities.

## **Commit** Do something meaningful.

Commit to a cause; become a volunteer; learn a new skill; or take up a challenge.



# Why become a Mentally Healthy School?

**FREE**  
& simple  
to join



Play your part in championing good mental health in our community.



Improve the mental health and wellbeing of your staff, students and wider school community.



Strengthen academic results. Students who are mentally healthy are more likely to achieve their potential.



Increase your students' confidence, self-esteem and resilience.



De-stigmatise mental illness and promote open conversations about mental health.



Foster a sense of community in your school and boost engagement in shared activities.



Help prevent the onset of mental health issues amongst students and staff.

## Evaluation of our schools program shows:



**30%** of students and **43%** of staff have done something for their mental health as a result of having Act Belong Commit in their school.

**37%** of students and **43%** of staff report changing the way they think about mental health, to a more positive mindset.



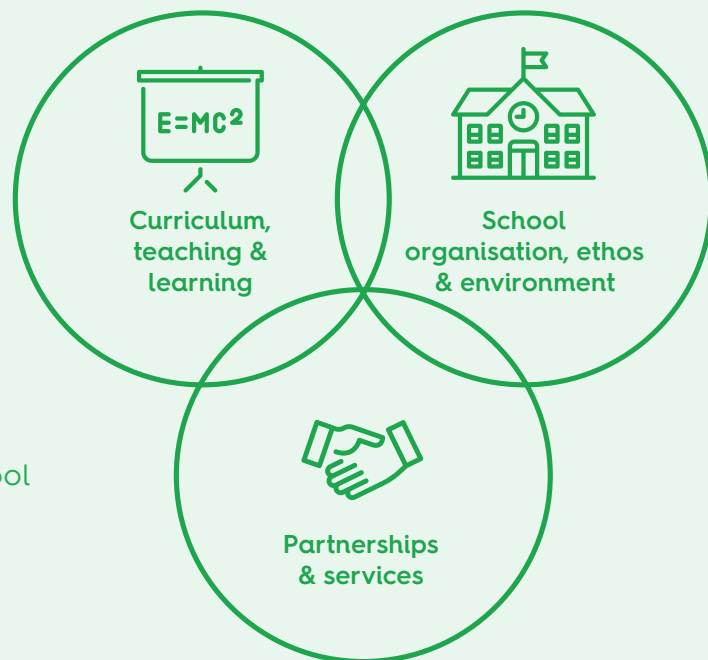
# A vital role for schools.

Schools are important settings for supporting mental health and wellbeing among young people.

A child or young person's ability to be mentally healthy can be greatly enhanced by a community that fosters belonging and connectedness. The first signs of mental health issues often appear early in childhood and over half of all mental health conditions emerge by the age of 14.\* Early life is a critical period for developing skills and behaviours to set young people on a path to good mental health. Importantly, the Mentally Healthy Schools program aligns with the World Health Organization's Health Promoting Schools Framework.

\*Kessler, R. C., et al. "Age of onset of mental disorders: A review of recent literature", Curr Opin Psychiatry. (2007): Volume 20 No. 4: pp359-364.

Primary and secondary schools can adopt the Act Belong Commit message into the classroom, school environment and whole school community guided by the Health Promoting Schools Framework.



Mentally Healthy Schools can tailor Act Belong Commit messaging in a way that suits their specific school community. Mentally Healthy WA works with partnered schools to upskill staff and empower them to deliver meaningful and engaging projects, events and activities that build positive mental health.

"We love the support of Act Belong Commit, access to resources and the beliefs that it upholds."

PRINCIPAL,  
ENEABBA  
PRIMARY SCHOOL



# Schools play a vital role to promote positive mental health. It's as simple as Act Belong Commit.



actbelongcommit  
Western Australia



"By promoting the Act Belong Commit message frequently, we are seeing students and staff become more positive, resilient and mentally healthy."

WELLBEING COORDINATOR,  
KARRATHA  
SENIOR HIGH SCHOOL



# Your partnership with Act Belong Commit gives you access to:

## A proven program

- ✓ Promote a positive, action-oriented message relevant to students, staff, parents and carers.
- ✓ WA's longest-running evidence-based mental health promotion campaign, recognised globally.
- ✓ A flexible program that is easy to adapt to any school setting.

## Training & development

- ✓ Training in mental health promotion strategies and the Act Belong Commit message.

## Resources

- ✓ An annual budget of \$200 for educational resources and materials to help teach mentally healthy behaviours.

## Signage

- ✓ Signage for mentally healthy events and activities.

## Ongoing support

- ✓ Ongoing support from Curtin University's Mentally Healthy WA team.

"At Bannister Creek Primary, Act Belong Commit links us together in supporting each other's wellbeing and happiness."

TEACHER,  
BANNISTER CREEK  
PRIMARY SCHOOL

Find out how to become a Mentally Healthy School today.

Get in touch with Mentally Healthy WA.

(08) 9266 1873 [info@actbelongcommit.org.au](mailto:info@actbelongcommit.org.au) [actbelongcommit.org.au](http://actbelongcommit.org.au)



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